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HEALTH

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EDITORIAL

THE NEW YEAR

The first of January 1941 happily synchronises with the nineteenth birth-day of *Health* and therefore, the New Year is doubly auspicious for us. *Health* has only six more years to reach its first milestone—its Silver Jubilee. It is, therefore, high time that we take stock of the doings and activities of *Health*, how far it has conduced to the health and happiness of its votaries. There is no gainsaying the fact that *Health* has aroused in them what is called 'health consciousness'; this in itself is a great asset. When once health consciousness is aroused in an individual, he begins to think and act, and action on the right lines brings on fruition and its own reward. What is that reward? A good physique, freedom from disease, power of endurance and resistance, saving of doctors' bills, mental poise and equilibrium, clear thinking and wide knowledge of men and things, success in life in this world, not to mention eternal peace, bliss and happiness in the world beyond. What is the liability after all? Three annas per month to buy a copy and perhaps a few hours in a month to read and digest its contents.

We Wish You
A Happy, Healthy
NEW YEAR

Health has discussed, during the past twelve months, various topics of interest of which emphasis must be laid on 'Science, Superstitions and Customs', 'Cancer and How to Combat it', 'Diabetes and its Prevention', 'Patent Medicines and Public Health', 'Spices and Condiments'—subjects over which there have been loose thinking and confused thought, requiring clarification. We hope, our readers would have been benefited by them. We have also made *Health* more attractive in recent years. Our only drawback, if it may be called a drawback at all, is 'repetition' but 'repetition' can never be avoided in a Health Journal, for any subject matter on health must be pinned up to the four cardinal principles of health, *viz.*, air, water, food and exercise, and everything else must only revolve round about them in some garb or other. We hope, our readers will realize our difficulty and bear with us.

On this happy occasion, we wish all our readers, contributors and advertisers, a prosperous and healthy *NEW YEAR.*

PHYSICAL EDUCATION*

By DR. U. KRISHNA RAU, M.B. B.S., *Madras.*

What is Physical Education? — Physical Education is defined as 'that phase of the school programme, which is concerned largely with the growth and development of children through the medium of big-muscle activities. Briefly stated, the objectives of the Physical Education programme are the protection and improvement of health and the development of organic fitness; increase in strength and neuromuscular control; development of desirable social attitudes and standards of conduct; and acquisition of skills, habits and attitudes in Physical Education activities, which will contribute to wholesome and enjoyable leisure pursuits and to the realization of the other objectives of the programme'. Physical Education also includes education of the mind. Physical Education and mental education are complementary of each other. *Mens sana in corpore sano*—a sound mind in a sound body—is an oft-quoted expression, pregnant with meaning. Unfortunately, this Latin phrase has excluded the 'soul' from its purview. The substance of the Biblical saying—I am unable to quote the exact wording here—'Of what avail is it if one has his body and mind perfect but has lost one's soul' has evidently been lost upon him who coined the Latin phraseology. So, Physical Education in its widest sense, is the education or training imparted to the body, the mind and the soul, the triumvirate that constitute the body proper, which would conduce to the happiness and well-being of the individual. It was this kind of physical education which the ancient Indian sages had adopted and left behind a glorious legacy for us to follow.

The Body and its Needs.—While the needs of the body are many, the most important requirements of health in their order are: air, water, food and exercise. A human being cannot live for more than a few minutes when air is denied him. He

* Extracts from the Presidential Address delivered at the Seventh Provincial Physical Education Conference, held at Annamalai Nagar on 14th Dec. '40.

can live for a few days without water and for a considerably longer period without food. In a mild enough climate, he can even live without clothing or shelter. It is possible, also to live without physical exercise but can it be said that in this case, the human being acts wisely? Training of all parts of the body is not merely advisable; it is necessary if the human being is to bring his body to the highest state of health. Just as air, water and food are needed to keep the life in the body, so is exercise of the parts of the body. Muscular exertion of the right sort and in not too excessive amount, forces the lungs to take in deep breaths of air which goes to purify the blood. Therefore, deep breathing is an essential accompaniment of Physical Exercise. Exercise then — always with deep breathing—accomplishes these results. It gives exercise to the heart, the most enduring and serviceable organ of the body; it supplies the lungs with pure air that is required for burning out the waste—dead—material that is in the blood. Exercise of the body also strengthens the muscles and the digestive apparatus of the stomach and enables that organ to perform its function with greater effect. Thus, by exercise, there is an all-round improvement of the body.

The three great Ancient Systems of Physical Exercise.—In hoary India, there was what was called the Yogic exercise, which included, apart from muscular exercise, sunbathing and deep breathing. Then comes the Olympic games of the Greeks, which are being preserved even unto the present day, though in an attenuated form. Lastly, we have the Japanese system of physical exercise known as Jiu-Jitsu. Leaving out of account the Olympic games of Western origin, let us examine the other two exercises of the East and find out their real worth. A decade or two ago, the word 'Yoga' was an anathema and any one who dared make a mere mention of that word at a public meeting would have been hooted out. But to-day, we see with our own eyes miraculous feats performed by '*Hata Yogis*', for which scientific explanations have yet to be found.

There can be no better testimony of the efficacy and superiority of the Yoga system of the Aryans, physically, mentally, morally, spiritually and economically, than what is described by Major F. Yeats Brown in the organ of 'Physical Culture'. He says :—

"An amazing sense of "awareness" is liberated by Yoga exercises, rightly directed. No wonder, then, that the *gurus* keep such knowledge for only those whom they consider worthy to receive it. There must be harmonious development at all times; if the student progresses beyond the point where his physical powers are held in leash of the will, it is possible that a dangerous influence may be let loose upon the world. But given right teachers, the mental equipoise of yoga is such that nothing can disturb it. To many, it has been a revelation similar to that vouchsafed to the mystic in his ecstasy. Personally, I dislike new religions: the one I was born in satisfies me. Since I have studied yoga, however, I have understood Christianity better. But whether yoga exercises can help us to Heaven or not, I am sure they can give us nervous control and mental peace here on earth. That is something valuable in these days, when our hospitals are full of neurotics and mental deficients owing to the increasing strain of modern life.

"We are practical about material things. We study any

apparatus that is going to move or amuse us. But of the powers within us, we know less than of the engine of our motor car.

ning to be aware of. India taught the West Arithmetic and invented Algebra in days gone-by. To-day, her Yoga Philosophy has its contri-

JIU-JITSU METHOD OF WRESTLING.

"In India these powers have been studied along lines that our Western clinics are only just begin-

bution to make, in opening up new paths to peace".

But alas! those systems have fallen

into disuse and as their adherents became thinner and thinner, they became dead arts. It must be the duty of the sponsors of Physical Education, therefore, to revive and resuscitate these arts.

Stripped of the mystic character of these exercises, we have in sun-bathing and deep-breathing, at least two excellent forms of exercise, which will give health, vitality and longevity to the performer and on which Science has now set its stamp of approval. To-day, in civilized Western countries, sun-bathing has become a fad, so much so, men and women, lying on the sands, get their muscles burnt until they become brown. It is now a scientifically acknowledged truth that sunshine and fresh air are quite essential to cure that great scourge of human beings, Tuberculosis or White Plague, as it is otherwise called, in connection with which, a fresh impetus has recently been given in India by Her Excellency Lady Linlithgow, the Vicerene of India. As for deep breathing, the ancients had made it compulsory for every Hindu individual to perform it as a daily routine along with the daily prayers but alas! this system has gone out of use altogether or has deteriorated to such a length that it now consists only in chanting a few *mantrams*, without the technique being scrupulously observed, so as to make it a mockery of deep-breathing. The revival of these two forms of exercise viz., sun-bathing and deep-breathing, is a great desideratum and the Madras Provincial Physical Education Association would do well to include these forms of exercise also in their programme.

Coming to the Japanese form of exercise—Jiu-Jitsu, it may be said that it is now 2500 years old and that it is the simplest and yet the most strength-giving exercise in the whole world. If to-day, Japan is classed among the first-rate nations of the world, it is because of the marvellous powers of resistance and endurance which Jiu-Jitsu exercises have conferred on them. It will not be out of place if I venture to enlighten you a bit on the Japanese system of Exercise so that you may judge for yourselves whether or not it will be worth while to adopt this system in our own country :—

" Jiu-Jitsu is the national system of physical training taught to youngsters in Japan and is peculiar to that country, the like of which is not seen or heard of, in any other part of the world. Jiu-Jitsu is not a sport in the sense base-ball, golf and football are. It is a system of physical training which every young Japanese man must undergo. In Japan, Jiu-Jitsu is a compulsory course of training for every soldier, sailor and policeman. After six weeks of instruction, it is said Jiu-Jitsu yields better results, in point of muscular strength, endurance and agility than the same amount of time spent in a gymnasium throughout a whole school year does. When the allied armies of the civilized powers marched against Pekin in the summer of 1900, it was discovered that the Japanese soldiers were first among all the troops in point of endurance, the Americans taking only the second rank. During the Russo-Japanese War, Japanese troops are said to have marched twenty-five miles a day through the most bitter weather, while fifteen miles a day would be considered a satisfactory average. As Jiu-Jitsu is the only physical training that the Japanese soldier receives, it is evident that it is this system which gives him the greatest endurance to be found in the world.

"The art is graphically described thus by Dr. Ito—" *Good Health* ", February, '32—'When an opponent

attacks you, you do not resist him, we are taught, yield to him. Yield and then use his own strength for his undoing. If I were attacked, say from the rear, Jiu-Jitsu teaches me not to resist my assailant's force but to move my body in the same direction that his is moving and to use his own strength for giving his body impetus in dashing it on the ground. I would use very little of my own strength. Instead, I would use my enemy's strength in overcoming him. That is the whole idea upon which the art of Jiu-Jitsu rests, and it has become the fundamental philosophy of the Japanese race. You remark our courtesy, our patience. We are practising, as a living philosophy, the idea which we have learned from Jiu-Jitsu. We conquer by yielding. Only a few occidentals have understood this Japanese philosophy well enough to interpret it. Your idea is different from ours. If you see something you want, you go and get it. We use subtler, gentler methods—but we attain our ends.'

"Jiu-Jitsu has been introduced in all schools and colleges for men and women. It is a compulsory subject and every boy has to study it and those who are not strong enough are given the choice between sword fighting and archery. Sword fighting is done with bamboo swords and is 'fine training in precision and quickness'. In archery, there is more of concentration and this probably accounts for the Japanese being the best scholars. The students are taught Jiu-Jitsu in class-rooms just as any other subjects are taught. But, there are mats on the floor, instead of desks in this room, this is all the equipment needed. The student attends the Jiu-Jitsu class for several hours each day. When a student attains some proficiency in the art, he is graduated and is given the distinction of the 'Black Belt'. 'The order of the 'Black Belt' is the student's first step. When he reaches that, he is distinguished, for only a small percentage of Jiu-Jitsu students are in the 'Black Belt' class. The 'Black Belt' men are taught how to cause death by a single blow of the hand or by certain pressure. And, they are also taught how to restore to life one who has been killed by their 'Jiu-Jitsu tricks! This is evidently the reason why the 'Black Belt' men are asked to take a vow, when they are taken into this order, not to reveal the secrets of the art to any one else outside Japan. The vow is sacred and no member of the 'Black Belt' will ever break it. There are seven other courses above the 'Black Belt' which are reached only by a few."

The Modern Method of imparting Physical Education.—Let us now turn our attention to the modern method of imparting Physical Education to students in schools in India. At the beginning of this century of which I have knowledge, there was absolutely no enthusiasm on the part of the students or their parents on the one hand and no earnestness on the part of the schools or the Government on the other, to make the students physically strong and stalwart, to enable them to resist and overcome ailments and to earn a decent living out of the sweat of their brow. It was all a sort of 'make-believe' training that was imparted. The Gymnastic Instructors, mostly illiterates who have developed their brawns at the cost of their brains, were considered as 'untouchables' among the school staff. The students were interested more in passing examinations than in keeping their physique trim and fit; they would rather consume large

quantities of mid-night oil in preparing for their examinations than spending a few hours in the evening in open air, giving exercise to their muscles and limbs. They had thus become physical misfits and intellectual bankrupts. As for the school-teacher, he cared more for success in the examinations than for the prowess of the students. The Gymnastic Instructor was helpless, having no power of control over the students and was suffering from what is called 'inferiority-complex'. Conditions are no better to-day. In the U. S. A., the National Education Association has defined the objectives of National Education in their order of importance as under: (1) Good Health, (2) Good citizenship, (3) Good character, (4) Worthy of leisure, (5) Worthy Home membership, (6) Command of fundamental process; (7) Vocation. In our own country, it is all topsy-turvy. Vocation is the first and foremost consideration of the students. There is no perfect and compulsory system of Medical Inspection of students, so much so, a good percentage of them have become physical wrecks before their scholastic career is over. If physical education is to be a success, Medical Inspection of all school-children should first be undertaken and the physically unfit must be weeded out and separately dealt with. This brings me on to the subject of Medical Inspection of Schools.

Medical Inspection of Schools.—Medical Inspection of Schools must be done, from the Elementary up to the Collegiate Course, of every student and his defects noted and rectified. It is a pity that in some quarters this has been given up. I feel that this is a step not in the right direction. My experience of this has been limited to what we have been doing in the Madras Corporation. We have been able to detect several preventable and easily curable diseases in their early stages and have been able to rectify them. We have also been able to detect numerous cases of infectious and communicable diseases and have been successful in sending them to the proper quarters for efficient treatment. We feel that in the interests of all concerned, Medical Inspection is absolutely necessary. There should be a permanent medical staff engaged for the purpose for each school or group of schools and the defects notified to the parents and rectified through them. The defective children ought not to be mixed up with the fully-developed. Mere Inspection is not enough. Following up of the cases to see if the defects have been rectified is very necessary, if Medical Inspection is to be a success. This following up may be done by the school teacher himself or by social workers and organizations, if any such exist. The defects are mostly due to malnutrition which, in its turn, is due to poverty.

Provision of Mid-day Meals to School-Children.—To combat poverty, in other words, mal-nutrition, mid-day meals should be provided to school-children, especially in elementary schools. In Madras, we are doing this regularly in most of the Corporation schools. The difficulty has been two-fold. The first is the question of finance. The second and more important is the problem of finding a dietary, suitable for all classes of children and distributing the food in a fresh and wholesome state to everyone. There are difficulties confronting us, but we are sure to get over them. Difficulties may arise in the working of this scheme, but the scheme is good and is, therefore, well worth trying.

Teaching of Hygiene in Schools.—Mere teaching of the three R's to school children will be of no avail. Hygiene should be compulsorily taught in schools and the students

must be impressed of the value of cleanliness, which is next to godliness. I must stress the necessity of making these instructions practical and not merely theoretical.

Physical Education in Elementary and Secondary Schools and the Employment of trained Teachers in Physical Education.—Physical Education should form part and parcel of the curriculum in elementary schools and a trained teacher in Physical Education possessing at least the S. S. L. C. as his minimum general Educational qualification should be appointed in all schools.

Provision of Adequate Play-grounds.—Adequate play-grounds should be provided for each school or group of schools. I know that in cities, this is a problem not very easy to solve. In Madras, we are experiencing great difficulty in finding enough play-grounds for all schools. But, if it is possible to allot a ground for a group of schools and ask the schools to use them on particular days in a week, it may solve the problem to some extent. I am glad that the efforts of our Madras Provincial Physical Education Association, in this connection, have borne fruitful results. The Government in their G. O. No. 4349—Local Administration—dated 6th November 1940, have authorised Local Bodies to incur expenditure from their funds for the provision and maintenance of play-grounds. We must thank the Government for this very beneficial measure.

Boy Scouts and University Corps.—High School pupils and College students should enlist themselves in Scout Organisations and University Corps, so that they may be useful citizens of the future.

Social and Sociological Service.—This is of the utmost importance at the present day. Students can do a good deal in ameliorating the lot of rural folks, in removing illiteracy, in making them physically fit, in rendering first aid to the sick and the suffering, in preventing sickness among the rural population, in short, to do everything in their power, during their leisure moments to make the peasants in villages happy, healthy, cheerful and contented. The X'ian College students at Tambaram are at present engaged in rendering such service to the people of the neighbouring villages and their activities in this direction are really worthy of commendation.

Games and Sports.—There are many kinds of games, indigenous and imported. The student must be given free choice to select that game which suits his taste and there is no good in forcing a particular game which the school proposes to give instruction on. The sun-bathing exercises, *Surya-namaskar* to wit, and deep-breathing exercises such as *Pranayama* must be forced upon the students, as they are indispensable accompaniments of any and every form of exercise, imported or indigenous. Among the indigenous games, which will suit the rural folk most, mention may be made of Dandals, Baskies, Indian clubs, Wrestling, Fencing, Folk-dance etc.

To Your Health

Eat less, chew more.
Ride less, walk more.
Clothe less, bathe more.
Worry less, work more.
Idle less, play more.

Talk less, think more.
Go less, sleep more.
Waste less, give more.
Scold less, laugh more.
Preach less, practise more.

—*Natures' Path.*

PHTHISIS

3 - JAN 41

By
Dr. Tarapada Chatterjee,
B. Sc., M. B.,
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Howrah.

Phthisis is spreading at an alarming rate in India. Thousands of men and women, mostly in their prime of life, are being carried away every year from our country by this scourge. So, it is the duty of every one of us—not only medical men but the general public also—to do what lies in his or her power to check the ravages of this fell disease.

There is a popular belief that Phthisis is incurable. This belief is totally wrong. Phthisis is not only curable but also preventable. This fact should be made known to our people by all available means so that when attacked with the disease, they may seek proper medical aid instead of giving up all hopes of recovery and leaving everything to fate. If we can convince the people that Phthisis is curable as well as preventable, half the battle against this scourge is won.

Now, to understand how the disease can be prevented, it is necessary to know how it is caused. This disease, as most other diseases, is caused by minute germs, known as Tubercle Bacilli. They are so small that they cannot be seen with the naked eye. A powerful microscope is necessary to see them. The sputum of a man suffering from Phthisis contains billions of these bacilli. When he spits on the floor or on the road, the sputum, after some time, is dried up and being mixed with dust, is blown about by the wind. If any one breathes in this dusty air, the bacilli will enter his body with the air and may produce the disease. So, spitting anywhere and everywhere should be strictly prohibited. A man known to be suffering from Phthisis must not spit anywhere except in a spittoon containing some antiseptic. Suitable small pocket spittoons can easily be had at a small cost. The antiseptic in the spittoon will kill the bacilli of the sputum and there will thus be no chance of the infection spreading. Paper bags may also be bought or made at home and the patient may spit into them and afterwards burn them. This will also destroy all the bacilli. Also every one should cover his mouth and nose with his handkerchief or *dhoti* whenever the air is dusty; for bacilli cannot pass through the pores of a folded handkerchief or cloth, though air can.

Moreover, the habit of mouth-breathing should be stopped. The nose has the property of arresting most of the bacilli of the air that passes through it. The mouth has not got this property. So, in normal breathing through the nose, the air that enters inside our body is comparatively free from bacilli; in mouth breathing, it is as full of bacilli as the outside air. Thus, mouth-breathing is positively dangerous. It is generally found in children. Such children should be taken to a doctor and properly treated.

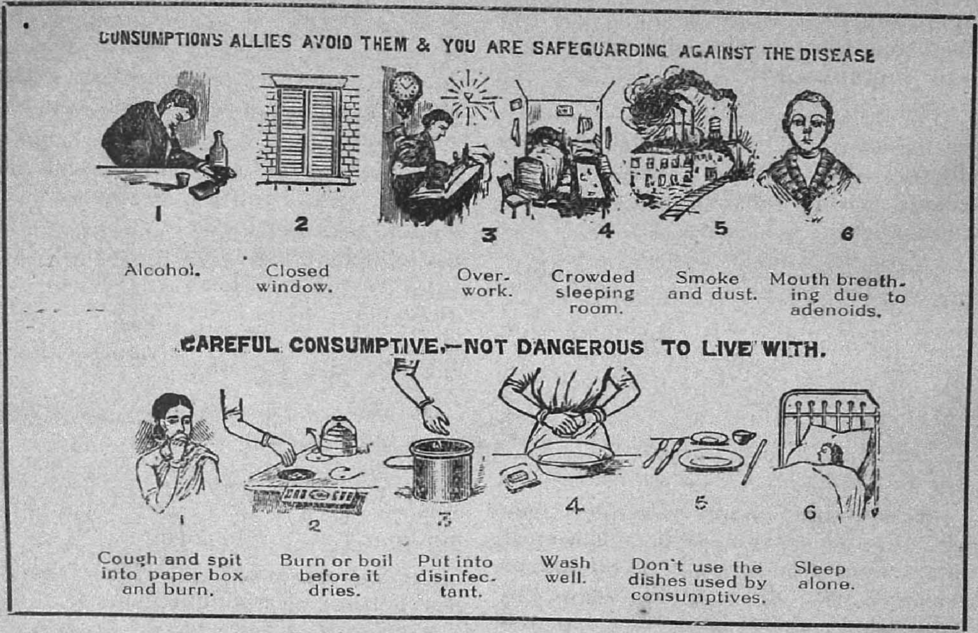
There is another way in which the germs of Phthisis may enter our body. When a man coughs, the droplets of saliva from his mouth are thrown out to a considerable distance—three feet with a cough of moderate severity. If the man is suffering from Phthisis, these droplets will contain the tubercle bacilli and any

one in front of this man within this distance will take these bacilli directly into his system with the breath. As no one knows who is suffering from Phthisis, no one should remain within 3 feet in front of a coughing man. For the same reason, it is a very good habit to cover one's mouth with a piece of cloth or handkerchief whenever one coughs.

Here, it may be pointed out that Phthisis is not a hereditary disease as many people seem to think. Children of phthisical patients get the infection from their parents not before but after their birth. If these children are removed from their parents as soon as they are born, the chances of their getting the disease are not more than any other child.

Now about the symptoms. Cough, fever and loss of weight—these three are the chief symptoms of the disease. Where a person has a cough which persists for more than a month, he should consult his doctor. If, with the cough, he gets fever, he must not delay. Over and above these, if he becomes gradually thinner and thinner, it is almost certain that he has got Phthisis.

One word about the fever. Ordinarily, a thermometer is kept in the armpit for one minute or so. In a case of suspected Phthisis, it is better to take the temperature in the mouth under the tongue where the thermometer should be kept for five minutes. If the temperature is taken in the armpit, the thermometer should be kept there for ten minutes. The fever may be very slight, temperature may not be more than 99°. It may last only two or three hours, generally in the evening, rarely in the morning. So cough, fever and loss of weight are the three main symptoms of Phthisis. Sometimes, all the three are present in the same patient. Sometimes, one or two only are present, especially in the early stages.



There is another symptom of great importance. It is coughing up of

blood. It occurs only in a small number of cases; but when it occurs it is almost certain that the man is suffering from Phthisis. But it must be clearly understood that coughing out blood is, in itself, not a serious thing. It generally stops with or even without treatment, however alarming it may be. It does not mean that the disease is much advanced nor does it affect the prognosis in any way. Though it may sound strange, doctors take this symptom to be of good omen. For it frightens the patient and makes him seek prompt medical advice.

The treatment of the disease, as in all diseases, should be left to the doctor. But there are certain things which the patient should do well to remember.

Firstly, he should take rest—absolute rest in bed. That is to say, he must be lying down on the bed day and night. He must not leave it or sit upon it even to answer calls of nature or to take his meals. This rest is necessary so long as there is any fever.

Secondly, he should be in the open air as much as possible. The most airy room in the building should be selected for him and the doors and windows should be kept open day and night even in the winter, the patient, of course, being properly covered to prevent a chill. If there is no suitable room, a temporary one may be improvised on the roof of the house or in the open compound.

Thirdly, the patient should take easily digestible nutritious foods. There is no restriction whatsoever, provided he can digest what he takes. On the other hand, his diet should consist of as many articles of food as possible to prevent him from being sick of a particular kind of food. Eggs, meat, fish, butter, milk, rice, *dal*, *roti*, *luchi*, vegetables and fruits should be the chief constituents of his diet. It may be mentioned here that uncooked egg albumen is very poorly absorbed. So, raw eggs should be avoided.

Though it may seem incredible, it is a fact that a large number of patients get cured by these means alone without any medicine or without undergoing any surgical operation whatsoever.

To recapitulate :—(1) Phthisis is preventable as well as curable.

(2) Some minute microscopical germs called Tubercle Bacilli are the cause of the disease.

(3) These bacilli are present in the sputum and saliva of patients suffering from Phthisis.

(4) These bacilli cannot pass through folded cloth.

(5) Whenever a person coughs, he should cover his mouth with his handkerchief or his cloth.

(6) No one should be within three feet in front of a coughing man.

(7) Every one should cover his nose whenever the air is dusty.

(8) Cough, fever and loss of weight are the three chief symptoms of Phthisis.

(9) Absolute rest in bed, open air and easily digestible nutritious food—these three are the chief essentials in the treatment of this disease.

Tuberculin Test to Detect Tuberculosis

"The tuberculin test, both for human beings and for animals, has been used for more than forty-five years. It does not contain any germs of tuberculosis either dead or alive. There is not the slightest possibility that any one can get tuberculosis from the test. The dosage for testing has been so carefully standardized that, when properly administered, harm cannot come to the person tested."—*Hygeia*.

PERSONAL CLEANLINESS

By T. D. MUKHERJEE, M.B., D.P.H.,

Burdwan, (Bengal).

CLEANLINESS is next to Godliness, and to keep health, cleanliness of both body and mind is required. Neglect often causes disease. By cleanliness of body, is meant keeping the skin and the appendages of the whole body and external orifices cleaned of dirt and micro-organisms as far as practicable. By cleanliness of mind, is meant keeping the mind clean from worry, anxiety and guilt. The cast of thought and feeling should be pure. Unhealthy mind leads to unhealthy body. Cleanliness of body includes cleanliness of scalp, hair, eyes, nose, mouth, teeth, skin, nails, bowels and cleanliness of private parts.

Scalp and Hair.—Want of cleanliness facilitates the growth of a few fungus and animalcule. Ring worm is the most important ; generally it is found on the scalp of children with a pink patch, where the hairs are found in broken condition. Next important disease is dandruff. Scaly scurf forms on the scalp and it often leads to fall of hair and is a very troublesome condition for the women folk of this country. It is caused by micro-organism (generally due to bottle bacillus). Baldness, though results from some general illness of the body, is often due to micro-organisms. The animalcule, louse (pediculosis capitis) is also very troublesome and causes much irritation. These diseases are often prevented by cleanliness. It is better to use some oil and to massage the scalp once a day. The scalp and hairs should be washed once daily with plain water and with soap and water once a week. The hairs should be combed and brushed daily and for this purpose, every individual should have his own comb and brush, which are again to be washed with soap occasionally.

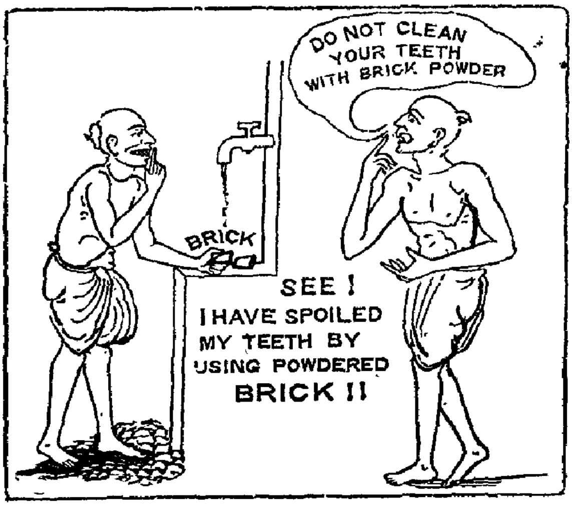
Eyes.—Want of cleanliness may lead to diseases of the eyelids (Blepharitis, Stye etc.), diseases of the acrymal apparatus (Epiphora etc), diseases of the conjunctiva (Conjunctivitis of various types) etc. The diseases of eyelids occur generally by irritation and lack of cleanliness. The margin of the lids are swollen and becomes ulcerative. A localised red swelling may occur in the form of a Stye. The eye diseases are often associated with bad teeth and nose. An overflow of tears may occur due to inflammation of the tear passage of the eyes. The condition is generally due to smoke, exposure to bright light etc. The thin layer of membrane lining the eyeball often comes in contact with dirt, dust, smoke, wind, infected fingers, cloth etc. and unless proper care regarding cleanliness is taken, it leads to inflammation with redness and purulent discharge. Poor hygienic condition favours the occurrence of these diseases but want of cleanliness often predisposes the conditions.

The eyes should be washed with clean cold water occasionally, the eyes should not be wiped with dirty handkerchiefs etc. The eyes should be protected from smoke, wind, dust etc. The error of refraction should always be corrected. Bright light should be avoided. Affection of nose

and teeth should be corrected, good nutritious diet should be taken and above all, cleanliness is essential.

Nose.—Want of cleanliness may lead to Rhinitis. Nose is the passage of air to the lungs; and dust and infective material may get easy access, sometimes foreign bodies etc. are inserted by children into the nasal cavity.

The nose should be covered with clean handkerchief, whenever there is possibility of dirt getting into it. Any discharge should be well snipped off. Finger or any foreign body should not be pushed into it. It is better to wash the nasal cavities with warm saline once a day.



Mouth and Teeth.—Due to the want of cleanliness, some food particles are retained, which decompose and give rise to stomatitis, foul breath etc.

The mouth should be washed with clean water, several times a day. After taking food, mouth should be rinsed well, any food particle sticking to the teeth should be destroyed. It is better to use some "Muka-sudhi" *e.g.* arecanut, myrobalan etc. which is in vogue in our country. This keeps the mouth and teeth clean. The teeth should be cleansed at least once a day with some antiseptic tooth powder and a clean brush may be used. My opinion is against the use of brush, which, once used and left uncared-for, is always full of germs. Lay people seldom take any care to have it sterilised and the repeated use of such brush leads to the unhealthy condition of the mouth and to diseases. It is better to use branches of plants (Dātan) and the twigs should be chosen which have soft fibres. The brushes should be taken in with care specially in this tropical country. It is better to discard it. If the teeth require to be polished, it can be done with some sterilized piece of silk cloth. For the prevention of any soreness in the mouth, warm saline gargle may be used.

Skin.—The number of skin diseases is countless. These diseases generally spread from one person to another through contagion and want of cleanliness favours the spread. Scabies and ringworm are the two most important diseases under this category.

The cleanliness of the skin may be maintained by daily bath. It is better to use some oil in our country before taking any bath and the mustard oil serves a very good purpose. The whole skin should be besmeared with oil which facilitates the removal of the dirt as well as free circulation of the skin due to the massage. The oil should be afterwards rubbed off with wet towel. Everyone should have his own towel. The clothings should be often washed and boiled and these should be exposed to sun daily. Any itching of the skin should be attended to, as the first symptom of most of the non-specific skin diseases begins with itching. Occasional use of soap would keep the skin

cleansed of greasy dirt, but in our tropical country, where perspiration is prominent, the skin requires some oil to keep it smooth. The nail is a part of the skin, should be cut short and be kept clean from the dirt accumulated beneath the plate.

Bowels.—Regular relief of bowels is a very important feature in personal cleanliness. Generally, constipation results from bad habits and mode of life. The faeces retained in the bowels irritate the system, become somewhat decomposed and the bad gases etc. may cause a sort of auto-intoxication. The passing of foul wind makes the subject a target of contempt. The prevention lies in regular cleaning of the bowels. Of all measures, allocation of fixed hours for evacuation is the easiest one.

Private Parts.—The rules of personal cleanliness deal with the cleanliness of the whole body and should include also the cleanliness of private parts. In books, it is sometimes omitted, because the parts come under the head skin of the body, but most probably the reason of the omission of specific treatment is ethical. The genitalia are important parts of the body and cleanliness of these parts has signifying effect on individual health. The parts are often the seats of various diseases of skin and mucous membrance but are also subject to special diseases particularly distinctive to the parts. The preventive measures entail the scrupulous cleanliness of the parts. Though ring worm, Scabies etc. are the diseases generally associated with the skin, yet groin and scrotum are the favourite parts for the infection.

Pediculus Pubis.—There are three varieties of lice, one variety inhabits the scalp, another lives on the body and this particular variety of louse inhabits the pubic hair. It is called crab louse, the hind legs being crab-like claws and hence the name. This louse is the shortest of the three varieties. Prevention consists in the cleanliness of the part. Shaving is preferable. Depilatory may be used and Barium sulphide mixed with starch 1 in 4 is a useful preparation.

Ulceration.—The parts are full of secreting glands and these secretions if accumulated and are not cleaned, cause irritation and even ulceration, which may help the entry of various micro-organisms in the circulation. Prevention lies in the regular cleanliness of the parts. Specific diseases *viz.* syphilis, gonorrhœa etc. may not be discussed, but chancer may be prevented by use of soap and water.

Leucorrhœa.—It is a whitish discharge of watery nature coming out from the private part of a female. Of all other causes, want of cleanliness of the part is the important one. Some form of Diapers is necessary for the females due to physiological reason every month and the careless ones often use dirty piece of cloth inside the private part which produces subacute inflammation, and it results in the long run in leucorrhœa. Some foolishly introduce sometimes foreign bodies *vi,* pin, letter, rubber ball, etc. which cause irritation and later inflammation. Trichomonas is a microscopical parasite found in the acid discharge and the presence of these parasites in the mucous passage causes irritation and augments the leucorrhœal condition. These Trichomonas disappear from the part, if it is made alkaline. Prevention lies in the self evident fact of keeping the parts clean. Cleanliness does not require money, but only a little labour. The purity, morality, civilisation, habit and the mode of life of a person may well be judged from personal cleanliness. An unclean person often suffers from various ailments. Uncleanliness may be termed as a vice and an unclean person cannot be pure in heart.

Keep your body and mind clean
And enjoy the life and peace serene.

Reclamation of Prostitutes

BY P. P. SARADHI, *Sub-Judge (Retd.), Royapettah.*

WITHOUT being fastidiously puritanical, one can be emphatic enough in one-side-aspect of prostitution and that is designing ways and means to prevent the spread of venereal diseases and as far as possible to prevent at the initial stage of the catching of the disease. Prostitution is as old as the earth and humanity but science has come to our aid to take precautionary measures against contracting that vile venereal disease.

Hospital wards speak volumes about the growing number of venereal patients. Many more are suffering secretly from the ravages of the disease and the doctor's patience is taxed in inferring contact with dissolute women, when examining a patient. Family men and women also are among the patients and that is the *worst misfortune* that reformers must tackle. It is only a family doctor who knows the family for a long time that can possibly divine the moral lapse as the source of the attack. Leaving apart for a while this question of social reform (which is a complex problem in India, being entwined with quasi religious considerations), we have at present to launch upon a dynamic activity to prevent and cure venereal diseases.

The more medically advised-restrictions are placed on prostitution, the more intense would spread the knowledge of the seriousness of the disease among males and females.

Of 110 girls in the *Strisadana* of the Madras Vigilance Association, we find (from the Report for 1939—40) that 30 girls were suffering from syphilis, 8 from gonorrhœa. Prostitutes are not in a position to discern disease in the paramour,in their greed for money or in their lust. Licensing prostitutes is by no means to be disparaged. Competent lady doctors can certify to the health and vitality of the applicant. But the problem is very difficult in the case of the males, who resort to the prostitutes. These males hug to secrecy more than women.

We are told (*vide B. M. Journal*) that "during recent years, medical knowledge has greatly advanced in the treatment of these diseases and that much misery, social degradation and invalidity and crippling are preventable if the patient obtains early and skilled treatment."

It follows, many clinics for venereal diseases have to be started as appendages to dispensaries. These diseases are the only kind in which the *doctor can be plain-spoken to the patients* (men or women).

The principle of sterilisation is advocated to prevent marriage and matrimony and the begetting of undesirable issues—But *that is based on eugenic grounds.*

CORA B. S. HODSON says that the advance in medicine does nothing to prevent the increase of constitutional diseases but is actually promoting the spread of those which are inherited. He explains, formerly diseases resulted in the death of the patient, very often before he or she had had any offspring, and so, the tainted stock was kept down to very small numbers; whereas today, scientific treatment prolongs the life of such people and nothing prevents them from marrying and having families. If so, *ipso facto,* the patient treated feels more encouraged to continue his trade or relationship with the prostitute. Is there any means by which

the prostitute can prevail upon the paramour producing medical testimony that he is free from venereals? Licensing becomes more complex as there are both regular prostitutes and *occasional prostitutes.* The majority ply their trade secretly and are undectable. Visitors to those prostitutes, though varying, are not constant. It is, therefore, impossible to enforce licensing regulation.

Free advocacy of antiseptic treatment, before and after the act, is the first method. (2) Readiness to treat in the initial stages is the second. (3) Accessibility to clinics—curative and advisory—is the third. (4) Shrewd detection by the doctors in the outpatients' ward, of the incipient stage of the disease and report to the Health authorities is the fourth step. (5) Pamphlets about knowledge of venereals and how to avoid them to *be freely supplied to applicants without inquiry.* (6) Lastly, encouragement to prostitutes—regular or otherwise—to give information of the males under guarantee and protection. (7) Compulsion to undergo treatment for the disease. (8) Imparting of sex-knowledge to the mature or adult members of the family (father to the males and the mother to the girls at ages respectively 16 and 14). Rescue homes are the intermediary periods of stay for the fallen women and they must be largely supplied with means and materials for their upkeep. *Lady doctors must be attached to these rescue homes.*

More than all home influence and education would go a long and pregnant way to infuse continence, self-control and awareness of the dangers of excesses and if, there be instinctive signs of sexual urge, to satisfy it by marriage with chosen mates. Marriage is the best and noblest balancer of mind and emotion. Most of the prostitues take to prostitution because of poverty.

It is the duty of Society and every family to cultivate humanism and help destitute girls dependent upon relations and society; for circumstances come to existence over which no previous arragements would be possible by way of caution, such as the death of parents, husbands, the cruelty of the husbands, ill-treatment by the relations of the husband, insolvency and indebtedness of the family leaving the girls stranded in *the streets much to the temptations* of young and unscrupulous men.

It is a sad spectacle that parents, who have been enjoined as per rules of *Vivaha Nisheka Dharma* to pry into the constitutional history of the brides and of bridegrooms up to five generations of ancestry, completely ignore them and rush, in their avarice for dowries and other benefits, into alliance—later on to be cowed down by signs of venereals in the one or the other. It is a problem for Pathologists to answer if, by treatment to a patient, the inherited trait could be completely eradicated.

Money and Marital Life

"Research studies of many marriages show that the economic condition of the family has less effect on the husband's happiness in marriage than it does on that of his wife. It is usually conceded that women put more stress on appearances, they must 'keep up with the Joneses'. Women who marry partly because they desire to stop working and supporting themselves, frequently find to their chagrin that marriage means work too, and a definite restriction of activities. Women who come from well-to-do families, where their fathers are financially successful, have trouble adjusting to the smaller homes the younger men can afford them."—*Hygeia.*

BREATH

BY

K. VISWANATHAN,
Matunga, Bombay.

AGES ago, our ancient rishis pondered long over the investigation and perfecting of the science of breath. They considered it as a separate branch of science and gave out the results of their investigations so broadly and with such precision that we now wonder and gaze at their greatness. Modern science has only probed a little into these secrets, but that it will have to accept every word of the rishis is certain; it may not be now. The younger generation, deluded and led astray by the false glamour of Western teachings, laughs at this. There are, hidden in this science, practical points, which any one can experiment and see what good can be got out from it. This science of breath is a part of *yogasastra,* leading to higher *samadhis.* That is, this is a stepping stone to higher communion. My point is not about these higher *samadhis,* which are not for the average person. Whoever wants to experience the highest happiness can try and be a student of this science of breath as practised and handed down by our ancient sages, who had the good and welfare of humanity at large. Practice is required before he can experience an exhilarating sensation. It is also to some extent dangerous to the novice, if done without proper guidance.

If one wishes to have perfect joy, long life and buoyant health, one should obtain a full knowledge of and complete control over the exercises of breath. The breath is the life of man, its quick use or waste shortens life. The life of any machine can be prolonged by careful and regulated use, while reckless handling spoils the machine. So also with breath. Hence, a strict economy of breath is the greatest of all economics. The means of prolonging life, therefore, is to use breath sparingly—to change its course to shorten the length and to change its frequency. If a person breathes so that the breath can be felt at a great distance, he is wasting it, while the one who breathes in such a way that the breath cannot be felt at that distance, is necessarily conserving it. Books on Yoga give all these in detail. Or again, one who breathes 20 times a minute reduces his life more than the one who breathes 10 times a minute, other conditions being the same. Various kinds of exercises make the breath flow rapidly or prolong its length so that the life is shortened. It is for those who wish to get liberation soon. Other kinds of exercises are meant for shortening the length and lessening its frequency, so that life is prolonged.

Ordinarily, breath is in equilibrium in the body, but during illness or disorder (such as excitement, grief, exhaustion, strain etc.), the equilibrium is disturbed. There are persons in India who can so control their breath that they can remain without taking in air or breathing out the used-up air for a very long time. These are adept yogins. This explains the phenomenon reported of a yogi being buried alive and found to be living when dug out after hours. From the stand-point of the Science of Breath, there is nothing surprising in it.

Each man has a certain number of breaths. Ordinarily, a man breathes 16 to 17 times a minute. At this rate, the life period is about the Biblical " three score and ten " years; in addition, such persons can maintain a youthful appearance and perfect health throughout. The true *sanyasins* appear youthful even at 70, because of their breath control. There is, besides,

the greatest need for maintaining true and strict brahmacharya. By excess and other causes, the equilibrium of this breath is changed and is not kept in poise; the result is that this equilibrium is disturbed, life is shortened proportionately. Thus, the greater the breath control, the longer is life made. In this way, a man can live to 100 years and more. The Ramayana and other works mention persons living to 1000's of years. Even after being fatally struck by arrows, the Great Bhishma could prolong his life for a few months and die at the moment he desired. As said, strict brahmacharya, along with breath control, should be observed to prolong life. A rake can never prolong his life with breath control alone. Even married men can observe celibacy for long periods. Married life is said to be *mukhya brahmacharya* (chief celibacy) while a bachelor's state is *gauna brahmacharya* (secondary celibacy). The stress is conserving *semen virile* along with control of breath to prolong life and keep buoyant health.

(To be continued).

TREASURES UNKNOWN

BY B. B. TIPNIS, *Baroda.*

THE vitamin value of fruits and vegetables is very widely known to the educated class. There is a class of people who are always keen to know all details about it and then to arrange the menu accordingly, while another class rests satisfied with the knowledge that vegetables and ripe fruits are rich in certain vitamins, which are very essential to healthy living. Yet another class of public, (and that forms the bulk of Indian population,) is quite indifferent to the vitamin contents of any product in the world. It is to create awakening in this last mentioned class of people, that propoganda schemes are essential.

If the fruit dealers advertise their seasonal stock in terms of vitamin contents of the commodity and enumerate the effective cures of the specific maladies, they will certainly invite attention of greater number, and will have a better sale of their stuff. In order that they may not over-emphasize the merits of the product, the advertisement must be authenticated by the proper authority of the local body. That will also create confidence in the minds of the customers.

In addition to being a novel way of advertising the treasures unknown, it will be doing a civic duty towards the public at large.

Rumania has 1,074 Centenarians

There are 1,074 persons over 100 years of age in Rumania, according to figures published in a book by the Central Statistical Institute, the regular Bucharest - Rumonin correspondent of the *Journal of the American Medical Association*, reports in a recent issue.

According to the book, the correspondent says, the population of the kingdom this year is 19,535,398. Of these, about 60 per cent, that is, 15,926,178, live in villages, and the number of the urban population is only 3,609,220.

Since the last census in 1930, the birth-rate has fallen from 35.2 per thousand to 31.5 per thousand. The death-rate, however, did not follow the rate of decrease of births. It decreased only from 21.2 to 19.8.—*O. W.*

HUMAN BITES

BY Dr. S. A. SUBEDAR, L.C.P.S., R.M.P.
Kutiyana, West Kathiawar.

We have heard of animal bites, but there are very few cases of human bites on record. The subject undoubtedly deserves our attention. During the past year, important contributions have arrived from the American hospitals on human bite infection of the hand. This subject has recieved our scant attention so far, for the simple reason that cases of human bite are rare. In the record of the American hospitals, which we have referred to above, 18 cases have been mentioned, during a period of eleven years. But, there are cases of minor injuries resulting from human bites which do not reach the hospitals.

How do these infections arise? In a fight, one man strikes another with closed fist. This impact with the tooth produces lacerated wound on the knuckle of the index or the middle finger. The wound is usually tiny but deep. There may be little discomfort in the beginning, but later on, the back of the hand gets swollen, movements of the joint are painful, malaise and fever develop. There is an escape of foul pus from the wound. The infection is usually heavy and mixed one, with strepto and staphylococci predominating. At times there are spirochæta in the smears. At times even amputation is required.

Treatment.—Surgical toilet should be undertaken as early as possible followed by effective drainage. In the more severe cases of joint infection, one American writer advises incision of both web spaces. If prompt treatment is undertaken amputation in one in ten cases is called for, while in cases where surgical aid is delayed amputation may be necessary in one in three cases. Two deaths from human bite infection are reported. It is essential that actual cauterization, complete excision of all contaminated tissues in the hand should be undertaken as early as possible. Lowry has treated 122 cases of human bites. He freely swabbed all wounds with fuming nitric acid on a piece of cotton followed by washing the wound with cold water. This causes pain but it is of short duration. Wet dressings were applied without suturing the wound. Human bite cases very rarely develop tetanus and,therefore,no anti-tetanus serum was administered. Neither general nor local anæsthesia was employed. The wounds were on different parts of the body—also on face, scalp. In 53 cases, this treatment was satisfactory. In two it failed, the rest were not traced. He recommends that application of fuming nitric acid should be carried out even in cases of long standing. In many hospitals in New York, the following are instructions for the staff of the hospital:—

1. All cases of human bites should be treated with fuming nitric acid applied on a piece of cotton.

2. Wet dressings should be applied.

3. All cases of human bites should be referred to the out-patient department to be seen on the following day.

4. No tetanus anti-toxin should be given.

5. No wounds of this type should be sutured.

These instructions should be necessarily followed by all hospitals in this country also.

Millions Fast—Twenty-Four Hours

EVERY year, a whole nation demonstrates that to fast for a whole day does not mean suicide, or even ill-health. Each September during the Day of Atonement, "Yom Kippur," Jews over the whole world, male and female, abstain from eating and drinking and smoking from sundown to sundown.

To Gentiles, the least comprehensible part of the Day of Atonement is not the all-day prayer but the all-day fast. Jews are looked upon as a species of fanatics for undergoing what is considered to be a rigorous course of voluntary martyrdom.

The truth of the matter is, of course, that there is no martyrdom or suffering about it at all. To adult Jews, the fast often comes as a welcome relief from the business of preparing meals and eating them, and the act of fasting would probably not be felt at all were they allowed to go on with their normal work. As most of the time is spent in the synagogue, the individual has time to reflect on his physical reactions as well as his spiritual ones.

There are several fasts prescribed in the Jewish Calendar, and they are real fasts, not merely a substitution of fish for meat. Truly orthodox Jews undergo all of them, and feel the better for it.

"I could go on for another twenty-four hours," is the usual remark one hears in a syna gogue toward the end of the Day of Atonement.

And so they could. Very few people indeed are worse off for their negation of food, and if you care to watch a Jewish congregation, as they emerge from the house of God, you will notice that they are not at all miserable or emaciated, or racked with suffering, but are happy and uplifted.

Unfortunately, the results of this day of fasting are largely neutralized by the subsequent royal feast which Jews always indulge in, as traditionally as in the fast itself.

There is little doubt but that the origin of the Jewish fasts has as much to do with hygienic and health considerations as with the need for spiritual penance. And in the matter of the fasts, there is still a strong case. The facts which prompted the fasts of the Jewish year are as apposite today as they were thousands of years ago. It is a pity that all Jews do not observe them, for their own peace of body.

They do, however, in the main faithfully observe the greatest fast of all, and in that way are accustoming other peoples, if slowly, to the realization that one whole day without food is likely to end in a great deal of good, and certainly no harm at all.—By Louis Latin. —*Good Health.* (*Lond.*)

Leprosy in India

THE following extract from the Editorial in 'Leprosy Review'—Vol. XI. No. 4, October 1940, gives a vivid account of the enthusiasm that is displayed by public organizations and the medical profession in this country at the present day for the eradication of leprosy :—

Among the most hopeful signs in India at the present time are the efforts being made in certain places by educated and trained Indians to help their poorer and more ignorant fellow countrymen. Government efforts do not and cannot reach more than the fringe of the poverty, disease and helplessness of the Indian village. But public-spiritedness is on the up-grade and the sporadic attempts which appear here and there are gathering force and their appearance is making others think. An example of this is shown in a small leprosy investigation and treatment centre begun recently in the Nizam's Dominions. The doctor, who had previously worked for years in a large mission leper settlement, realised that there were large numbers of lepers who, for lack of space and funds, could not be accommodated in this institution. He calculated that there were between two and four hundred thousand lepers in the Nizam's territories and only seven hundred of these could be accommodated in the institution.

He set himself to see what could be done to start small, nearly if not entirely self-supporting village leper settlements. A grant of 37 acres was asked for and received. Villages within a radius of 10 to 20 miles were surveyed, and about one per cent of the villagers were found to have leprosy. He has now 57 in-patients and 84 out-patients regularly under treatment. Of the in-patients, 18 are self-supporting and pay two rupees a month for treatment, 13 are self-supporting, but get treatment free. They build their own huts in places allotted to them. The remaining 12 have to be supported by the doctor. He adds "the leper population is only too glad to avail itself of any help offered to it in the shape of treatment. We have proved to ourselves that it can be done cheaply and efficiently......Our treatment hall and laboratory is a wind-blown, ramshackle affair, whose roof flies off with every storm. It leaks during every monsoon and yet patient flocks to us......A simply designed, but permanent treatment hall and laboratory would make much difference to our work." How the doctor supports himself, his assistants and his work is not mentioned; presumably, it is by his private practice in his spare time. An example like this eppeals to the Indian, and we may look forward to more and more who will follow in his steps. It may be largely in this way that the public health and many other problems of India will be solved.

The Crawling Baby

WHO doesn't know the old Greek riddle of Oedipus: "What animal is it that walks first on four legs, then on two, and finally on three? The Answer is "The man.-' Because when a baby he crawls on four legs, later he walks on two feet, and when an old man he leans on a cane and so walks on three legs.

When does the human child crawl on all fours? He starts to crawl at about the age of eight months and begins to walk at the end of the first or the beginning of the second year of his life. After he is able to walk, he crawls only for pleasure. However, have you never seen a young baby crawling during the first months of his life? Well, perhaps you have. But he never crawls intentionally. During this early life-time,he crawls by a reflex. When you put a new born child on a smooth table on his tummy and touch his soles with an object or with the palms of your hand he starts crawling on all fours, provided you continue touching the soles, giving a resistance for pushing off. He really crawls supported by his arms and hands and making winding movements with his vertebral column like a lizard. This crawling is caused by a reflex. Being touched compels the baby to crawl, even though he may not like it. This reflex is always effective. It is only checked by one other reflex, superior to it namely, the sucking reflex. If the child gets an object between his lips or in the vicinity of his mouth, he doesn't crawl. When, for instance, the baby gets a piece of the tablecloth into his mouth, he stops crawling.

You will find this crawling reflex in a baby from the moment of his birth till the fifth month of his first year. During the fifth month the reflex disappears. If it does not disappear at this age, the baby is feeble-minded, and so the physician can use the reflex for the diagnosis of idiocy at the age of six months, whereas the ascertainment of this diagnosis is otherwise very difficult. Between the sixth and eighth months, a normal baby crawls neither voluntarily nor under the influence of this reflex, which is now absent.

What is the meaning of this complicated reflex? It is important for the development of the human being because certain mammals crawl by means of it to the udder of their mother. In such a manner it is a further proof of the fundamental rule of biology-that ontogeny, the development of human beings, runs parallel to phylogeny, the evolution of the species. It is evident that this reflex is stopped in the fifth month of the first year of life by the growing of the great brain. Therefore, it is lasting in the case of idiocy, when the cerebrum is not developing properly.

Even prematurely born children crawl when this reflex is invoked, and so we may reasonably assume that some intra-uterine movements are caused in a like manner.—Julius Bauer.—*British Medical Journal, Sept. 14, 1940.*

The Use of Tea
In The Treatment of Burns

THE tannic acid treatment has reduced the mortality of burns from 40% to 4% and of scalds from 20% to 1 %. The success of this treatment is due to the prevention of the absorption of the damaged tissues which are coagulated by tannic acid, the formation of a crust, which supprots and protects the tissues beneath a burnt area, and the avoidance of pain and worry associated with the daily dressing by the other methods.

But tannic acid is not always handy. In its stead, therefore, tea can be used as it contains the necessary tannic acid. It is cheap and is available even in the remotest parts of the country. The preparation and application are simple.

As a first aid measure, shock has to be overcome after the fire has been put out. The patient is laid flat, blankets are used to warm him and preparation is made for application of an infusion of tea. A pot of tea is prepared by infusing six teaspoonfuls of black tea in six cupfuls of boiling water for ten minutes. Four layers of clean handkerchiefs or sheeting are soaked in the hot tea. As the tea is cooling, the burnt parts are exposed by cutting open the dresses piecemeal and the warm compresses are applied direct on the part. A light bandage is applied over it. The patient is given a cup of hot tea or coffee. As the application of oily preparations interferes with the subsequent treatment with tannic acid, they are avoided. The routine treatment is carried in the same way as with tannic acid. The burnt area is thoroughly cleansed. Blisters are cut away and the wound is cleaned well with ether and spirit. Four layers of lint are soaked in the warm tea and applied to the burn. A light bandage is applied at the top. The bandage is soaked with tea when it gets dry, during the first 24 hours. The dressing is left on for 12 to 14 days, and then is reapplied after cleansing the wound thoroughly. The treatment is carried on until complete recovery.—Dr. M. V. P. Peiris in *I. M.G.*

From Sobriety to Drunkenness

MANUEL QUEZONS, President of the Philippine Islands, once said apropos of alcohol: "When I left Manila, the doctors told me that I could drink nothing intoxicating. When I reached Java, I saw a doctor and he said a glass of beer would not hurt. So I drank beer from Java to Paris. In Paris, another doctor said, "You should not drink beer; wine is the thing." So I changed gratefully to wine. Then, a French Specialist told me, "you should drink only Champagne, it is the only drink for you." So I drank Champagne for a time. Then I reached the United States and the physicians said, " Don't drink wines or beer at all but only Whisky." So now, if I want a drink, all I have to do is, decide which physician I shall obey.—*The Grant Medical College Magazine, Oct. '40.*

The Value of Aromatic and Essential Oils as Bactericidal and Virus-Destroying Agents

FOR long, the employment of essential oils—almost exclusively by perfumers — has simply been considered a luxury, a means of gratifying the senses and, as such, without real utility. Some hygienists have even gone to the length of asserting that cosmetics without perfumes would be just as good as those containing them.

This view has been supported by some members of the medical profession, who believed that no better soap existed for the body and even for the mouth than a "Castile soap" entirely lacking in perfume.

This belief in the purely sensory value of aromatic substances no longer prevails. In the same way, the notion that spices and herbs were injurious to digestion has also been rejected.

Perfumes are thus no longer a needless luxury but a pleasant means of protecting oneself against the attacks of the invisible foes while safeguarding the people in our proximity. There is much less risk of a person transmitting his pathogenic germs (if any) to his neighbours if he is liberally perfumed. The use of highly aromatic dentifrices is thus a guarantee that the pleasantly perfumed mouth is not a breeding ground for microbes—a useful advantage even in ordinary conversation.

A hand shake following the use of a perfumed soap is not likely to spread an infection.

The custom of conditioning the air of places of entertainment has arisen for the same reason. Cinemas in which the air is efficiently conditioned with the aid of aromatic substances are no longer places where the public are infected with influenza.

We also know that spices neutralize the digestive toxins, and are, therefore, essential in hot countries where living matter rapidly degenerates and intestinal fermentation may give rise to grave maladies.

It will be realized, of course, that ailments arising from a general condition call for more careful internal general treatment, although of the same order.

Now, essential oils, which are very easily oxidized, are excellent reducing agents under ordinary conditions and their presence suffices to accelerate local oxidation reduction. Thus, they function as oxygen carriers and ozone producers and accordingly are endowed with an unusual and favourable biological activity.

In their capacity as unexcelled antiseptics and oxidation-reduction factors, perfumes are no longer a vain luxury but products absolutely indispensable to existence. Those most biased against them should bow before the foresight of the Creator who has put odours everywhere; pleasant ones to stimulate the joy of living, bad ones, like those of putrefaction, to warn us of danger.

All Nature, in fact, is perfumed. Even human beings give off a perfume, pleasant when in good health, disagreeable in illness. This is confirmed by walking into a hospital.

Aromatic plants have been created to combat and destroy evil odours and miasmas; they can even triumph over the putrefaction of corpses and that of the living (gangrene). With their balms the Egyptians prevented decomposition of bodies; they were perfectly acquainted with the destructive action of aromatic substances upon the most powerful tissue-destroying agents and used them also as remedies in diseases.

And now we see this ancient science explained, investigated and promoted to the rank of an exact science.

So the perfumers, the former "makers of sweet odours", are elevated to the rank of "defenders of the public health," organizers of the battle against the most formidable enemies of humanity, old age and diseases.

As generators of negative ions, perfumes are admirable defensive weapons not only against virulent organisms but even against old age. We know nothing to replace them; and since it is possible to reinforce their action by appropriate excipients, we must regard them at least as the most precious materials granted us by the Creator.

"Beauty products" thus become "health products."—By R. M. Gattefosse.—*Indian and Eastern Chemist.*

The Importance of Adequate Administration of Vitamine D

ANY growing infant, breast-fed as well as artificially-fed, without adequate vitamin D daily, is threatened with rickets. Our present manner of life is not natural, so the objection that we are interfering with nature when giving cod liver oil (c.l.o.) or substitutes to breast-fed babies, is met. The fall in infant mortality proves that the infant today is better off than the infant of yesterday, and refutes the argument that our parents and grandparents did very well before all those vitamins were discovered.

Cod liver oil (or substitute) should be started at 1 month, and increased gradually until 1,000 to 1,500 units are given daily when all possible requirements will be satisfied. Two to three teaspoonfuls of a good cod liver oil daily (content 100 units per gramme or higher) should be given.

Some children cannot take c.l.o. A high potency preparation such as halibut liver oil, adexolin, nadola or radiostoleum rather than c.l.o. and malt, should be used as a substitute with the required international unit strength ensured. Some mothers succeed in making their infants take the oil by smearing their nipples with it before a feed; the unsuspecting

infants then lick it off. Vitamin D not only prevents rickets, but ensures optimum growth and healthy teeth. The mother should be told that c.l.o. is concerned with lime in bones and teeth, for she may be inclined to discontinue its use if her baby is plump. Supervision of the amount of c.l.o. given cannot be too highly stressed. The writer is convinced that dental treatment would be considerably curtailed if adequate dosage were persisted in. —Cecil Asher, M D., M.R.C P., D.O.H., Deputy M.O.H., Erith, from *Mother and Child*, March, 1940.—*National Health Review*.

Hiking

AWAY from the congested atmosphere of the town, away from your daily busy routine, away from these 'mighty bloodless substitutes', a *hike is but a boon. Roaming* about amidst the primitive nature for the sake of *wander lust means hiking. It is an* American word.

Life is becoming so artificial that people are neglecting its most vital aspects. They depend so much on vehicles that they have lost all taste for walking—an exercise which was of fundamental importance to our forefathers as it kept them in good health.

It is difficult to define health. Obese persons with huge muscles and rosy cheeks often look to be very healthy. A mountaineer with a lean body and weather-beaten face may appear quite the reverse.

What then is the criterion for health? Health is determined by one's *power of endurance*. A long hike of thirty or forty miles puts to test this thing. During the hike, one may not come across drinking water for miles together, or one may have to face extremes of weather conditions,such as rain, wind or intensity of heat. If one can bear up under these conditions, one is healthy in the real sense. Those who are given up to an easy life would be a complete failure in facing such circumstances.

Hiking is a most noble sport. It satisfies the inner self of a lover of nature. Majority of our students are but (as one of our professors often remarks) "Cinemafans". It is impossible for them to miss a cinema show for a hike.

The very fact that there is no craving in us for the open road shows how dumb our responsiveness is towards nature—a direct result of artificiality in every mode of our life. This thing is clearly illustrated by the fact that if a rustic who has no experience of town life be admitted there, he will feel suffocated, most uneasy, and may become ill. This is but a warning of nature to him against the foul atmosphere and bad living. In the course of time, his responsiveness (or the warning of nature) will grow dimmer and dimmer, and people will think he has become accustomed to town life. (I feel some weariness for a few days when I return from hills).

Most of the maladies to which we are akin, give us warning beforehand, and this warning is the soundest in healthy persons who possess endurance. In unhealthy persons, this warning is only slight, and they are easily gripped by the malady before they realize the warning.

It is better to have a *brisk* hike than to exercise in the four walls of a gymnasium. Hiking is a natural sport; it will build your body as well as the mind. It will improve the *quality* of your blood. Most prominent physicians of Europe and America hold the view that a *country walker* is far healthier than an athlete or other sportsmen, and that he enjoys a longer age than any of them.

Pleasures which fall to the share of a hiker are innumerable. Walking about in the glorious woodland in the spirit of an adventurer; to run at your full speed after rabbits and jackals; to climb a tree of one's own choice. But it is at sunset that a hiker enjoys the nature most. The dying reflections of the setting sun shoot blood-red beams, and sometimes, it looks as if the entire forest in front is ablaze!

A long hike loses more than half of its joy when started late in the morning. One should go walking early in the morning in star-light; and before that, one should have a sound sleep overnight. Walking is delightful in early morning hours as everything appears fresh, and above all, there is a sweet fragrance in the breeze which vanishes as the sun rises higher and higher.

Hikes on moon-lit nights have their own charm, especially when one goes alongside the river. How lovely does the whole landscape look when the soft silvery beams of the moon strike the calm waters in the stillness of the night! Surely a hiker is amply rewarded.—Mohammad Amin, B.Sc., I Year, M.B., B.S.—*The Kemkol.*

Drugging to Avoid Sleep

THE Journal of the A. M. A. says: "Whipping a tired horse is an inefficient practice," referring to those who take amphetamine to avoid sleep. For sleep is no disease, and wakefulness may be. Sleep is essential. and any attempt to delay it is harmful. The havoc caused by amphetamine occurs because it is wishfully misunderstood. Those who use it as a "cure" for rest, wear themselves down until only sleep, long and immediate, can save them from complete, gibbering, nervous collapse.—*National Health Review*.

Health Tit-Bits

Sinusitis

A BAD cold that lasts over two weeks may usually be regarded as a case of sinusitis. —*The Eye, Ear, Nose and Throat Monthly.*

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Sweet vs. Sour Milk

THE Kirchiz, people of Asiatic Russia, take an opposite viewpoint from ours: they believe that sweet milk is unfit for use and wait until it sours before drinking it—*Fact Digest.*

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Latent Nervous Exhaustion

"IT has been variously estimated," says Charles H. Wolohon, M.D., "that from fifty to ninety per cent of the people—and my experience would favour the latter figure—have in them a manifest or latent streak of nervous exhaustion, hysteria, etc." — *Good Health (London).*

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Dietary Habits

DIET may play a part in causing many other ailments besides those commonly recognized as dietary deficiency diseases, Hygeia, The Health Magazine points out. Among these are certain forms of heart disease, hardening of the arteries, arthritis, chronic stomach trouble, diabetes and occasionally an unexplained headache. It has been found that a change in the dietary habits of patients suffering from these diseases to a diet termed "protective" not only mitigated their distressing symptoms but actually restored the soundness of the injured tissue.—*Texas State Journal of Medicine, Oct. 1940.*

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Frozen Sleep

FROZEN sleep, or human refrigeration treatments, pioneered on cancer, will be used in treating drug addiction and other medical conditions besides cancer if conclusions of the New York Academy of Medicine are correct. Frozen-sleep treatments, which have reduced human temperatures 10° to 18°F. below normal for from a few hours to three days, have been given to twenty-seven patients at Lenox Hill Hospital, New York. Of seventeen cancer patients suffering "severe intractable pain," eleven showed marked relief for varying intervals of time. In all cases, the pain returned after varying periods, often with lessened severity. These treatments have been re-christened with the technical term, *crymotherapy.*—*O. W. and Herald of Health.*

Book Review

Ideal Marriage.—*By Van De Velde,* Overseas Edition—Published by Messrs. William Heinemann (Medical Books) Ltd. 99, Great Russell St., London W.C.1. 14th Printing. pp. 335 with 8 Colour plates.

[Price : 12 *sh* 6 *d.*

Many books have been written on the subject of marriage but none can equal this, for in it, is combined both scientific authority and clear literary style. There is also a good deal of outspokenness on the part of the author, which is lacking in other authors on sex problems. "In this book will be found all the data upon the physiology and technique of sexual congress, clearly stated without pruriency or mock modesty, in other words, scientifically."

The book is divided into four parts. Part I deals with "Introduction and General Physiology of Sex"; Part II, with "Scientific Anatomy and Physiology of Sex; Part III, 'Sexual Intercourse, its Physiology and Technique', and Part IV, "Hygiene of Ideal Marriage". There are in all 17 Chapters with Index and 8 colour plates illustrating the genital organs of men and women, ovulation, pregnancy etc.

We have no hesitation in saying that this book unreservedly tries to impart scientific knowledge on sex problems to every individual, man or woman, and thus promote harmonious relationship between the married couple. It will therefore, prove to be of inestimable value to them. We heartily commend the book to our readers.

OBITUARY

We regret to record the death of Pandit Devasikhamani Alasingaracharriar on the 5th of December '40 at his residence in Triplicane. He was for many years Sub-editor of our Kanarese Health and had contributed largely to the success of that Journal. He was a man of wide learning and pious habits and his style was simple and lucid. He had translated into Kanarese, our English editions of "Firs Aid in Accidents" and "First Aid in Child-birth". He had also translated the Ramayana, Bhagavata and other Sanskrit works into simple Kanarese. He held posts as Kanarese Pandit in the Christian College, Presidency College, and in the Women's Christian College. He also held a high position as Translator in Kannada in the Government Publicity Board. We offer our sincere condolences to the bereaved family.